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FOR IMMEDIATE RELEASE
February 3, 2014

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PLAYING YOUR WAY TO GOOD HEALTH

PLAY and HEAL : Stress-Reduction Events in the Living Room

Atlanta, GA, February 3, 2014–

“An event that releases stress and will place a smile on your heart, laughter for the soul, clarity for your mind and healing for the body!”

Since 1993, Healthy Lifestyle Specialist, Ombassa Sophera has used PLAY and HEAL events to eliminate stress, which has been found to be at the seat of most illnesses and relationship breakdowns.

Using a combination of her vast knowledge of ancient health and healing systems and artistic measures, Ombassa continues to assist women to heal their mind and body, by releasing stress and building their energy levels.

PLAY is the principle component of the upcoming Soul Power Live (SPL) Global Tour, which involves these types of event models in greater capacity, through collaboration with community organizations serving women and families.

A recent participant says:“ This event has helped me to rejuvenate my mind and body and identify how much time I actually give back to myself for laughter and fun!”

Ombassa says, “Soul Power Live events are changing the game in the Health and Wellness field.”

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If you would like more information about these events, please contact Ombassa Sophera at 404.418.5553 or email at ombassa@playandheal.org.